

**WHAT IS CLAIMED IS:**

1. A an assembly for attenuating shock waves comprising two flexible sheets arranged one over the other and joined by a plurality of seams, the seams being arranged so as to form cells or recesses in the space between the sheets, wherein the cells or recesses are filled with a shock attenuating material.

2. The assembly according to claim 1 wherein the shock attenuating material is perlite.

3. The assembly according to claim 1 wherein the shock attenuating material is an aqueous foam.

4. The assembly according to claim 1 wherein the shock attenuating material is an aerogel.

5. The assembly according to claim 1 further including within the cells or recesses a fire retarding compound.

6. The assembly according to claim 1 further including within the cells or recesses polystyrene balls.

7. The assembly according to claim 1 further including within the cells or recesses at least one material selected from the group consisting of fireproofing materials, heat insulating materials, intumescent materials, and radiation insulting materials.

8. The assembly according to claim 1 wherein the assembly is adapted and constructed so that the assembly can be cut along the seams so that shock attenuating material remains confined in the cells.